**TSS Cybersafety Refresher Handout**

* Have an up to date AntiVirus program. Microsoft Security Essentials (MSE), AVG, Avast, Avira all free and work fine
* Periodically do a full scan for problems. This may take hours
* Every few months, or if the PC and internet are slow, do a full scan with MalwareBytes free version. **www.malwarebytes.org/free/**
* Link Checker – some antivirus have built in – eg AVG. Or install an ‘add in’ or ‘extension to your browser such as Web Of Trust (WOT) which is free **www.mywot.com**
* Use ‘Task Manager’ to crash a program or process. Right click the Task Bar, or use the key combination Ctrl+Shift+Esc.  
  If all else fails, if possible save any unfinished work you’ve been doing, and then crash the computer by holding the power button in for 10 seconds. You won’t hurt it.
* Common sense approach to protection:
  + Know where a link is going before you click it
  + When installing programs read and understand every install screen
  + There are plenty of good free programs. Gizmos site **www.techsupportalert.com**
  + Free programs can be a teaser for paid versions
* Password Ideas
  + Easily re-creatable rather than commit to memory
  + Never a recognisable word
  + Mix of characters and case
  + Jack and Jill went up the hill – eg: J&Jwuth2fap0w
  + Mary had a little lamb….. Upper case M for Mary, 1 substitutes for l, 5 for S  
    eg: Mha11Lifwwa5
  + John, Mary, tom, catherine and noel live at post code 2756. Note upper case for parents. Eg JMtc@2756
  + Person a’s birthday is 4th December, AND b’s is 13th May. Eg a0412b1305
* What’s on a webpage and where the link ACTUALLY goes are totally different. Sometimes the status bar needs turning on to show the true path. Other times just hovering over the link displays the real path.
* NEVER use links in emails without ensuring they are OK. Preferably go to the website yourself.
* NEVER supply your password via email, or a link in an email.
* Detect and delete hoax emails: eg “…It is a virus that opens an Olympic torch that burns the whole hard disc…”. Just highlight a key phrase eg “opens an Olympic torch”. Reliable checks sites are snopes.com, hoax-slayer.com; urbanlegends.about.com; truthorfiction.com; sophos.com
* www.museumofhoaxes.com is worth a browse (and to get some ideas ☺).
* Visit Gizmos security wizard: **www.techsupportalert.com/SecWiz**